

GARUDA PURANAM,

unto the animals is called fBhuta-yajna, and the feeding of Atithis is called Nri-yajna, The rite of Japa (mental recitation of a Mantra), done in the house, bears ordinary merit; made on the banks of a river it gives double merit; made in a cowshed it bears fruit ten times greater;; made in a chamber of the consecrated fire it bears fru¹., a hundred times greater; made at a sanctuary or in a divine temple it produces a thousand times greater merit; made near the image of Vishnu it bears a hundred millions of times greater merit.

Of the five parts of food prepared in a nousehold, each day, four should be respectively allotted to the use of the Pitris, Devas, men and the insects etc. He, who takes his daily meals, after giving food (boiled rice) to his friends, relations and Br&hmanas, ascends to the region of heaven after death, through the merit of making gifts of food. Articles of sweet flavour should be eaten* at the fore part of a meal; things of acid and saline tastes, at its middle ; and those of bitter, pungent and astringent flavours, at its close. Water should be taken after eating a meal. One should never take edibles of a single taste in exclusion of those of all others. Verily the boiled rice of a Brdhmana is like unto ambrosia; that of a Kshatriya is like unto milk ; that of a Vaishya is a wholesome food, and that of S. S'udra is like unto blood. Beauty and opulence reside in the person of him, who observes a fast* on the day of the new moon. The Gstrhapatya fire is located in the belly of a man j the Dakshina

fire, in his
dorsal region; the Ahavaniya fire, in his mouth;
and the
Satyftgni fa his head—He, who is cognisant of
the locations
of these five fires in his-body, is called an Ahitigni
one* The
body, the water, the albumen or the fluid
constituents of the
body and the various kinds of food-stuff are
called Annam,
while Prina, Agni (fire heat) and A'ditya (the sun)
are one and
the same and enjoy the aforesaid Annam. Food
contributes
to the invigoration of the principles of earth,
water, fire and
air contained in my body, and the essence of
food, after being